



EDDIE A. PEREZ
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CITY OF HARTFORD

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Carlos Rivera
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PROMOTING A HEALTHY HARTFORD: Tai Chi Classes

---NEWS ADVISORY---

Mayor Eddie A. Perez and the City of Hartford Health and Human Services are proud to once again work with the Hartford Public Library to help City residents try a wide variety of programs that promote physical fitness and overall well being.

From Thursday January 8 until February 5, 2009, Tai Chi classes will be offered from 5:30-6:45 PM. All sessions will be held at the library's main branch located at 500 Main Street in Downtown Hartford.

Tai Chi is based on martial art styles and it is practiced nowadays for physical and mental well-being. Movements are slow and contemplative and they benefit people with a variety of health needs. Tai Chi has evolved from an ancient Chinese martial art form to peaceful movement meditation and exercise.

Anyone interested in registering for this free 5-week course, can do so in-person at the Hartford Public Library, online (www.hplct.org/calendar), or by calling 695-6295.

It is strongly recommended that participants consult with their health provider prior to the start of this or any exercise program to ensure that this type of exercise is appropriate for their physical needs.

Please come in comfortable clothing and shoes.

Contact: Rita Kornblum (860) 547-1426 ext: 7188 for more information